

# TotaLee Fit Training Studio

151 Elkhorn Court, Frankfort, KY

330-3420    [www.ripcamp.com](http://www.ripcamp.com)



*“We take the guess work out of your workout”*

Special offer for all State Employees: 10% off an unlimited monthly or a 10 session punch card! For the month of February!!!

**RipCamp a conditioning style boot camp takes place in a large gymnasium.**

**Weight lifting = Barbells, Dumbbells, Kettle bells, bands, medicine balls!  
If you have never felt comfortable setting up your own weight training program, then let us do it for you!**

**Boot camp = Anaerobic style training at the Studio definitely designed to increase your overall fitness level!**

**Zumba with Susan Arnold starting in February! This isn't your mama's aerobics class!!**

Group style training, one on one personal training, weight loss/fitness challenges, nutrition advice and accountability.